DOCUMENT RESUME

ED 367 622 SP 035 057

AUTHOR Gerlach, Kent
TITLE Stress in Children Bibliography.
PUB DATE 92
NOTE 58p.
AVAILABLE FROM Pacific Training Associates, 5461 Lake Washington Blvd., So., Seattle, WA 98118.
PUB TYPE Reference Materials - Bibliographies (131)

EDRS PRICE MF01/PC03 Plus Postage.
DESCRIPTORS Annotated Bibliographies; *Childhood Needs; *Childrens Literature; Elementary Secondary Education; Fiction; Learning Activities; Mental Health; *Parent Education; *Stress Management; *Stress Variables; Teaching Guides

ABSTRACT

This annotated bibliography concerns itself with issues that may contribute to childhood stress, provides resource materials for teachers and parents, and covers a wide variety of fiction and non-fiction for students (K-12). The publication's organization along with examples of the issues included follows: (1) adolescence issues (substance abuse, eating disorders, suicide, depression, sex); (2) children and loss (death, divorce, moving); (3) conflict resolution/problem solving (cooperation, peer pressure, peacemaking, decision making, living with parents; (4) differences (physical impairments, learning disabilities, bias, discrimination); (5) family issues (stepfamilies, family arguments, sibling rivalry, adoption); (6) feelings (fears, shyness, anger, loneliness, jealousy); (7) friendship skills (building interpersonal relationships, social skills strategies, fairness); (8) parent resources (single parenting, communicating with children, dealing with childhood stress); (9) self-esteem (enhancing self-concept, values, identity, success); (10) self protection/abuse (responding to danger, saying no, dealing with parental abuse); (11) study skills/school issues (using time wisely, homework, strategies for study); (12) substance abuse (alcoholism and the family, prevention); and (13) teaching ideas and interventions (establishing a positive classroom climate, teaching cooperation skills, living skills, stress management). (LL)

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STRESS IN CHILDREN BIBLIOGRAPHY

Kent Gerlach, Professor
Pacific Lutheran University
School of Education
Tacoma, Washington 98447

"These are hard times for teachers as well as children. We, as a profession, need to read and write because words can give us life and growth and refreshment. Good books can pull together a world. They can stretch us and heal us and join us together. They can give us back ourselves; and ultimately, all we bring to . . .a classroom is ourselves."

Living Between the Lines, by Lucy McCormick Calkins, Heinemann, 1991

STRESS IN CHILDREN BIBLIOGRAPHY

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Tacoma, Washington 98447

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ADOLESCENCE ISSUES

Bartimole, Carmella R. and John E. TEENAGE ALCOHOLISM & SUBSTANCE ABUSE: CAUSES, CONSEQUENCES AND CURES
Fredrick Fell Publishers, Inc. 1987
This is a handbook for parents to understand why teens become involved with drugs and alcohol and prevention methods.

Bauman, Lawrence. THE NINE MOST TROUBLESOME TEENAGE PROBLEMS AND HOW TO SOLVE THEM.
Lyle Stewart, Inc. 1986
This book offers answers to the nine most frequently encountered problems during the teenage years--a book for parents and adolescents.

Berry, Joy. EVERY KID'S GUIDE TO BEING A COMMUNICATOR
Living Skills Press, 1987
Teaching children communication skills.

Berry, Joy. GOOD ANSWERS TO TOUGH QUESTIONS ABOUT WEIGHT PROBLEMS AND EATING DISORDERS
Living Skills Press, 1990
This book lets kids know how to create a healthy body. It also explains many different kinds of eating disorders.

Berry, Joy. THE JUVENILE JUSTICE SYSTEM
Living Skills Press, 1987.
This book teaches kids about what would happen to them if they broke the law.

Bingham, M.; Edmonson, J; Stryker, S. CHOICES: A TEEN WOMAN'S JOURNAL FOR SELF-AWARENESS AND PERSONAL PLANNING
Advocacy Press, 1984
This is a book for young women that helps them explore their values and goals and assist them in making decisions about their future.

Bingham, Mindy; Edmondson, Judy; Stryker, Sandy. CHALLENGES: A YOUNG MAN'S JOURNAL FOR SELF-AWARENESS AND PERSONAL PLANNING
Advocacy Press. 1984
This is a workbook for young men 14-20 years of age. It deals with the myths and hard realities they will face, and details the crucial and inevitable choices they will make when entering adulthood...a book to help them decide the type of life and work they will find most rewarding.

Brondino, Jeanne + 5. RAISING EACH OTHER
Hunter House Publishing, Inc. 1988
This book carefully examines the views of teenagers and parents without taking sides.

Dumas, Lynne. TALKING WITH YOUR CHILD ABOUT A TROUBLED WORLD
Ballantine Books, 1992
Practical, sensitive advice on how to answer tough questions about homelessness, prejudice, war and other issues.

Leder, Jane Mersky. DEAD SERIOUS
Macmillan Publishing. 1987.
This book, written for teenagers, deals with the topic of suicide.

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McCoy, Kathleen. COPING WITH TEENAGE DEPRESSION.
New American Library. 1982
This book shows parents how to prevent the depression that commonly underlies so-called normal teenage rebellion.

Meeks, M.D., John E. HIGH TIMES LOW TIMES: How to Cope with Teenage Depression.
Berkley Books, 1989
This book will help parents cope with the most trying years of their kids' development: the teenage years.

Meredith, Susan. GROWING UP: ADOLESCENCE, BODY CHANGES AND SEX
Usborne Publishing, 1985.
This book is a guide to the changes that take place in the male and female bodies during adolescence, including a special section on AIDS and related information.

Patros, Philip G.; Shamoo, Tonia K. DEPRESSION AND SUICIDE IN CHILDREN AND ADOLESCENTS
Allyn and Bacon, 1989
This book gives an overview of suicide itself, provides correct information to counter myths about suicide and offers pointers in helping to prevent suicide.

Youngs, Bettie B. HELPING YOUR TEENAGER DEAL WITH STRESS
St. Martin's Press, 1986
This book helps parents cope with the pressures facing today's adolescents and offers valuable advice that will help parents guide their teenagers through the turbulent adolescent years.

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CHILDREN AND LOSS (DEATH, DIVORCE, MOVING, SEPARATION)

Bernstein, Joanne E. LOSS AND HOW TO COPE WITH IT
Houghton Mifflin, 1977.
This book tells what actually happens when a person dies, children's ideas about death, how to handle the normal feelings regarding death, the many ways of dying and coping, and practical advice on how to live with the survivors.

Berry, Joy. GOOD ANSWERS TO TOUGH QUESTIONS ABOUT CHANGE AND MOVING
Childrens Press, 1990
This book examines what change is, and how one can adapt to unwanted change (moving).

Berry, Joy. GOOD ANSWERS TO TOUGH QUESTIONS ABOUT DEPENDENCE AND SEPARATION
Living Skills Press, 1990
This book discusses dependence on other people, things, and places and how one can handle separation from these dependent objects.

Berry, Joy. GOOD ANSWERS TO TOUGH QUESTIONS ABOUT DIVORCE
Childrens Press, 1990
This book explains the meaning of divorce to children and helps them to deal with divorce in their own families.

Blakeslee Ives, Sally, Ph.D., Fassler, David, M.D., and Lash, Michele, M.Ed., A.T.R. THE DIVORCE WORKBOOD--A GUIDE FOR KIDS & FAMILIES
One of the many books now available to help children deal with their reactions to divorce, this is the first one that is truly interactive. The workbook includes clear explanations of the divorce process, comments and drawings by children, and opportunities for the reader to draw and write. Very nicely conceived and executed. Geared towards elementary school aged children.

Brown, Laurene, Brown, Marc. DINOSAURS DIVORCE.
The Atlantic Monthly Press, 1986
Set in a cartoon world with a cast of dinosaurs, this picture book is for children of all ages, and deals with the trauma of divorce. The text is straightforward, and although silly and funny, the illustrations are also sophisticated enough to allow older children to return to the book for its sound and reassuring advice without feeling embarrassed.

Buscaglia, Leo. THE FALL OF FREDDIE THE LEAF
Charles B. Slac, Inc., 1982
A simple story about a leaf named Freddie. It traces the life of Freddie and his friends, through the different seasons and eventually into the Fall. This story is a fictional way to help deal with permanent loss.

Carrick, Carol. THE ACCIDENT.
Clarion Books, 1976
A little boy loses his dog in an accident and learns how to overcome his guilt.

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Clifton, Lucille. EVERETT ANDERSON'S GOODBYE
Henry Holt & Company, 1983
Everett Anderson has a difficult time coming to terms with his grief after his father dies, but comes to the realization that the love he shared with his father will last even though he is not alive.

Cohn, Janice. I HAD A FRIEND NAMED PETER: TALKING TO CHILDREN ABOUT THE DEATH OF A FRIEND
Morrow, 1987
Betsy's friend Peter was killed by an automobile. This story tells how her parents and nursery school helped Betsy to understand what had happened. This book has an introduction by a social worker with some thoughtful suggestions.

Colgrove; Bloomfield; McWilliams. HOW TO SURVIVE THE LOSS OF A LOVE
Bantam Books, 1981
Written by a psychologist, a psychiatrist and a poet, this book is a unique guide to overcoming grief.

Diamond, Susan Arnsbert. HELPING CHILDREN OF DIVORCE
Schocken Books, 1985
A handbook for parents and teachers

Douglas, Eileen. RACHEL AND THE UPSIDE DOWN HEART
Price Stern Sloan, 1990
When Rachel is four, her father dies. She feels as if her heart is upside down. This is a story of how Rachel rediscovers happiness while keeping the memory of her father alive.

Dragonwagon, Crescent. ALWAYS, ALWAYS
Macmillan, 1984
A low-key story about a little girl whose parents are divorced. She spends her summers with her father in Colorado, the school year with her mother in New York, and has learned to accept the situation and even find some merits in it.

Egger, Bettina. MARIANNE'S GRANDMOTHER
E.P. Dutton, 1986
After attending her grandmother's funeral, Marianne plays with her doll and remembers good times spent with her grandmother.

Hansen, James C. (Editor) DEATH AND GRIEF IN THE FAMILY
Aspen Systems Corporation, 1984
A collection of writings by various professionals designed to help the practicing professional counsel those people dealing with topics like the death of a child, a parent or grandparent.

Hazen, Barbara Shook. WHY DID GRANDPA DIE?
Western Publishing Company, Inc. 1985.
This book helps children understand and cope with death.

Hickman, Martha W. MY FRIEND WILLIAM MOVED AWAY
Abingdon, 1979
A story about a boy the day after his best friend moves away.

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Klagsbrun, Francine. TOO YOUNG TO DIE
Pocket Books, 1981
In this book, the author draws on interviews, surveys, and extensive research to help you recognize the danger signals, and show you how you can save the life of a child.

Krementz, Jill. HOW IT FEELS WHEN A PARENT DIES
Knopf, 1981
Some eighteen children of different ages and backgrounds talk about the death of a parent--how it felt, how it feels. Their health and well-being in the photographs is subtle reinforcement to the implicit message that life goes on.

Kubler-Ross, Elizabeth. ON CHILDREN AND DEATH
Macmillan Publishing Company, 1983
Based on a decade of working with drying children, this compassionate book offers the families of dead and dying children the help--and hope--they need to survive. In warm and simple language, Dr. Kubler-Ross speaks to the fears, doubts, anger, confusion and anguish of parents confronting the terminal illness of the sudden death of a child. She also provides crucial psychological insights into the emotional needs of the terminally ill child.

Kushner, Harold S. WHEN BAD THINGS HAPPEN TO GOOD PEOPLE
Avon Books, 1983
Deals with the question "why me?" and the grieving process.

LeShan, Eda. LEARNING TO SAY GOOD-BYE: WHEN A PARENT DIES
Macmillan, 1976
This book is written like a conversation with children about some of the feelings they might encounter if they had to deal with the death of a parent. The author has a compassionate but frank tone.

Lyss, Esther B.; Kaplan, Carol. WE'RE MOVING, WE'RE MOVING!
Price, Stern, Sloan, Inc. 1993
A Do-It-Together activity book to help make your family's move a smooth one for your child.

Marsoli, Lisa Ann. THINGS TO KNOW BEFORE YOU MOVE
Silver Burdett Company, 1985
This book will help you to explore your feelings about moving and show how you can help yourself adjust to the new environment.

McCarthy, Sherri. A DEATH IN THE FAMILY
International Self-Counsel Press, Ltd., 1988
This is a self-help guide for people coping with grief or those trying to help a child deal with death.

McKend, Heather. MOVING GIVES ME A STOMACH ACHE
Black Moss Press, 1988
This is a story of how one little boy deals with the sadness he feels at moving to a new home.

Mellonie, Bryan; Ingpen, Robert. LIFETIMES.
Bantam Books. 1983
This book contains a beautiful way to explain death to children.

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Nickman, Steven. WHEN MOM AND DAD DIVORCE
Julian Messner (A division of Simon & Schuster, Inc.) 1986
This book contains seven stories of kids facing problems that trouble children of divorce. These stories can help you better understand your own feelings, as well as those of your parents. At the end of each chapter, the author provides suggestions...

Nystrom, Carolyn. MIKE'S LONELY SUMMER - A Child's Guide Through Divorce
Lion Publishing Corporation, 1986
A story which will help a child understand divorce.

O'Donnell, Elizabeth Lee. MAGGIE DOESN'T WANT TO MOVE
MacMillan Publishing Company, 1987
A story about how a girl adjusts when her family moves.

Padoan, Gianni. BREAK-UP
Happy Books, 1987
This book teaches children how to face up to divorce.

Prokip, Michail S. DIVORCE HAPPENS TO THE NICEST KIDS
Alegra House Publishers, 1986
This book is designed to provide the reader with information regarding children and the effect divorce has on them.

Quello, Dan. SAFELY THROUGH THE STORM
Harvest House Publishers, 1992
This book is about growing up at a time when your parents are growing apart through divorce.

Quinn, Patricia O. and Stern, Judity M.
PUTTING ON THE BRAKES
Magination Press, 1991
This book will give ADHD (Attention Deficit Hyperactivity Disorder) kids a sense of control and a perception of obtainable goals. It is designed to be used by young people between the ages of 8 and 13.

Rogers, Fred. MOVING
General Publishing Co., Toronto, 1987
This book tells the processes involved in moving (packing, unpacking, exploring the new place). It also explains the importance of making new friends.

Rogers, Fred. WHEN A PET DIES
G.P. Putnam's Sons, 1988
This book was created to encourage open talk in kids about the death of a pet.

Sanford, Doris. IT MUST HURT A LOT
Multnomah Press, 1985
The purpose of this book is to help children deal with the loss of a loved one.

Sanford, Doris. PLEASE COME HOME
Multnomah Press, 1985
This book is a story told to help children deal with the pain and frustration they experience when their parents get a divorce.

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Schaeffer, Dan; Lyons, Christine. HOW DO WE TELL THE CHILDREN?
New Market Press, 1988
This book is meant to help a child cope with loss. Some of the topics include: how to explain "dead", the most common questions and misconceptions, and lists of support groups and information sources.

Schein, J. FORGET-ME-NOT
Annick Press, Inc., 1988
This book helps children deal with grandparents who have Alzheimer's disease.

Simon, Norma. THE SADDEST TIME
Albert Whitman & Co., 1986
A compassionate book for children on dealing with death and dying.

Stiles, Norman. I'LL MISS YOU, MR. HOOPER
Random House, 1984
An adaptation of the thoughtful television episode of *Sesame Street* (which aired only once) in which Big Bird, the program's emblematic four-year-old, dealt with the death of Mr. Hooper from the candy store. Today's *Sesame Street* viewers won't remember Mr. Hooper, but the story remains helpful as a book for preschool children.

Stilz, Carol Curtis. KIRSTY'S KITE
Albatross Book, 1988
A warm and rich and heartfelt book about the loneliness and emptiness of losing someone, and of the first stirring of a certainty that, in time, pain will be replaced again by joy.

Strangis, Joel. GRANDFATHER'S ROCK
Houghton Mifflin
An Italian folktale with an intergenerational story of love and dependence. (Ages 2 to 4)

Teyber, Edward. HELPING YOUR CHILDREN WITH DIVORCE
Pocket Books, 1985
Practical, supportive advice on the best ways to identify or deal with the most common problems caused by divorce.

Thornton, Terence. GRANDPA'S CHAIR
Multnomah Press, 1987
"As a boy and his grandfather grow older and are eventually parted by death, the boy treasures the old man's chair as a special memento of a happy relationship."

Thurman, Chuck. A TIME FOR REMEMBERING
Simon and Schuster, 1989
A young boy learns how to deal with the death of his grandfather. This book will help comfort a child who has lost a grandparent, or who is troubled by that eventuality.

Viorst, Judith. THE TENTH GOOD THING ABOUT BARNEY
MacMillan Publishing Co., 1971
When Barney the cat dies, his young owner struggles to think of 10 good things about his pet and understand both the finality of death and the unity of life.

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Watson; Switzer, Hirschberg. SOMETIMES A FAMILY HAS TO MOVE
Crown Publishers, Inc. 1988
Parents can use this book to talk about the move and to reassure the child during a potentially upsetting time.

Watson; Switzer; Hirschberg. SOMETIMES A FAMILY HAS TO SPLIT UP
Crown Publishers, Inc., 1988
This book helps to open communication at a time when words are very much needed.

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CONFLICT RESOLUTION/PROBLEM SOLVING

Berry, Joy. DECISION MAKING AND PROBLEM SOLVING
Children's Press, 1987.
Children are taught what decisions are and how to make them.

Cole, Joanna. DON'T CALL ME NAMES
Random House, 1990
Nell is sick of being teased by Mike and Joe. Find out how Nell gets back at the boys.

Crary, Elizabeth. KIDS CAN COOPERATE
Parenting Press, Inc., 1984
This book describes how to teach children the skills they need to solve conflicts themselves.

Drew, Naomi. LEARNING THE SKILLS OF PEACEMAKING
Jalmar Press, 1987
An activity guide for elementary-age children on communicating, cooperating, resolving conflict

Forte, Imogene and Mackenzie, Joy. DECISIONS! DECISIONS!
Incentive Publications, Inc., 1991
Thinking and problem-solving activities for primary grades.

Friar, Linda; Grenoble, Penelope. TEACHING YOUR CHILD TO HANDLE PEER PRESSURE
RGA Publishing Group, 1988
Discusses the many ways you can prepare your child for a strong and independent life. The book examines the nature and causes of peer pressure, as well as ideas on how to avoid the negative effects of peer pressure.

Gardner, Richard, M.D. DR. GARDNER'S FAIRY TALES FOR TODAY'S CHILDREN
Fairy tales not only satisfy deep psychological needs in children, but they also suggest stereotype, unrealistic wish-fulfillment, and happy endings which have nothing to do with the way people behave. Dr. Gardner has rewritten some of the most popular fairy tales so that they provide models of realistic coping, problem-solving, and genuine human relations.

Gardner, Richard, M.D. DR. GARDNER'S STORIES ABOUT THE REAL WORLD
Three illustrated stories about people in the real world. Encourages and models realistic thinking and problem-solving.

Johnson, Eric W. HOW TO LIVE WITH PARENTS AND TEACHERS.
Westminster Press. 1986
This book provides answers in plain language to the everyday problems that all young people experience.

Kreidler, William J. CREATIVE CONFLICT RESOLUTION
Good Year Books, 1984
A book which has more than 200 activities for keeping peace in the classroom for grades K-6.

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Palmer, Pat. THE MOUSE, THE MONSTER, AND ME
Impact Publishers, 1977
Explains how one can become less mouse or monster and a more assertive, responsible, free person in control of life.

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DIFFERENCES

Arnold, Katrin. ANNA JOINS IN
Abingdon Press, 1982
The story of Anna, who in spite of sickness was a happy little girl. Shows how one can live with a chronic illness. Children with cystic fibrosis can identify with Anna's experiences. Also helps healthy children gain more understanding of the lives of handicapped children.

Begna, Barbara; Jensen, Shirlee. I CAN'T ALWAYS HEAR YOU
Raintree Publishers, Inc., 1980
This is the story of Kim who is hearing impaired. It tells about her first days at her new school and how she overcomes being different by discovering that everyone is unique in one way or another.

Benham, Helen. SCHOLASTIC FEELING FREE: Feeling Free
Scholastic Magazines, 1978
Feeling Free helps find answers to questions like: What is Braille? What is it like to be deaf? In a wheelchair? etc.

Berry, Joy Wilt. WHAT TO DO WHEN YOUR MOM OR DAD SAYS... GET GOOD GRADES!!!
Living Skills Press, 1981
This book helps equip students with skills to get the most out of tests.

Berry, Joy. EVERY KID'S GUIDE TO BEING SPECIAL.
Children's Press. 1987
This book teaches children that being different and unique is O.K., and this is what makes everyone a special person.

Berry, Joy. GOOD ANSWERS TO TOUGH QUESTIONS ABOUT PHYSICAL DISABILITIES
Childrens Press, 1990
This book helps children learn what a disability is, how people with physical disabilities function, how people feel about the physical disabled, etc.

Berry, Joy. OVERCOMING PREJUDICE AND DISCRIMINATION
Children's Press, 1987.
Children are taught what opinions, prejudice, and discrimination are.

Blos, Joan W. OLD HENRY
William Morrow & Co., Inc., 1987
The author writes wisely and with humor about different kinds of people learning to get along.

Brighton, Catherine. MY HANDS, MY WORLD
MacMillan Publishing Company, 1984.
This book tells the story of Maria, who is blind. It takes you through a quiet day with the young blind girl. The whole feeling is dreamlike, yet sensitive and strong, taking readers into a very special world of feeling.

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Cairo, Shelley. OUR BROTHER HAS DOWN'S SYNDROME
Annick Press, Ltd., 1988
This book is about a boy named Jai who has Down's Syndrome. It talks about his special needs and his similarities to "normal" kids.

Charlip, Remy and Mary Beth Miller. HANDTALK: AN ABC OF FINGER SPELLING AND SIGN LANGUAGE
Four Winds, 1974
The photographs in this introductory guidebook to sign language are so clear--both the gestures and the exaggerated expressions of the models--that very young children as well as sophisticated adults can understand the finger spelling.

DeClements, Barthe. NOTHING'S FAIR IN FIFTH GRADE
Viking, 1981
Early adolescence is funny, sad, awkward, and consistently interesting, no less so if you are like Elsie, the "fat girl" in her class. The follow-up story, about "Bad Helen," is *Sixth Grade Can Really Kill You*.

Dekay, James T. LEFT-HANDED KIDS: Why Are They So Different?
M. Evans & Company, Inc., 1989
A book about left-handedness that's sure to bring a smile to lefties everywhere.

Edwards, Jean and Dawson. MY FRIEND DAVID
David EDNICK Communications, Inc., 1983.
This book is divided into two parts. The first part tells the story of a friendship between two people, one of which has Down's Syndrome. The second part of the book is a resource guide about Down's Syndrome for parents and professionals.

Emmert, Michelle. I'M THE BIG SISTER NOW
Albert Whitman and Co., 1989
Amy Emmert, the older sister of the author, was born severely handicapped with cerebral palsy. In this book, Michelle tells her sister Amy's story.

Fisher, Gary and Cummings, Rhoda. THE SURVIVAL GUIDE FOR KIDS WITH L.D.
Free Spirit Publishing, 1990
This book gives help, encouragement, and practical advice to students with LD--and the adults who care about them. Offers learning resources for kids.

Frandsen, Karen. MICHAEL'S NEW HAIRCUT
Children's Press. 1986
The real experiences of the author's two children and her students are the basis of this book.

Friedberg, Joan; Mullins, June; Sukiennik, Adelaide. ACCEPT ME AS I AM
R. R. Bowker Co., 1985
A resourceful guide to meet the needs of special groups, ranging from the disabled and elderly to the gifted. Materials are extremely helpful in reaching out to extraordinary people.

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Galbraith, Judy. THE GIFTED KIDS SURVIVAL GUIDE: For Ages 10 and Under
Free Spirit Publishing Company, 1984
This book is to help answer the questions of gifted children. It will help them understand why they think and learn the way they do.

Giff, Patricia Reilly. WATCH OUT, RONALD MORGAN!
Viking Penguin, Inc. 1985
Ronald Morgan gets new glasses, but still keeps fumbling up. Then he realizes he needs to watch out for himself and straightens out.

Golant, Mitch; Drane, Bob. IT'S O.K. TO BE DIFFERENT
RGA Publishing Group, Inc., 1988
The purpose of this book is to help children deal with characteristics that make them different or special, and then to accept their own differences.

Hanson, Figne. WHAT IF YOU COULDN'T...?
Scribners, 1979
A book about humility--a series of simple experiments to let the reader understand specific problems of the handicapped.

Hasler, Eveline. MARTIN IS OUR FRIEND
Abington, 1981
Martin realizes that he is different from other children, as they often make fun of him. However, he has a friend, Aurora, a reddish-brown horse he loves to ride. When Aurora breaks out of the corral and Martin rescues her, the other children begin to respect and understand him.

Hausherr, Rosemarie. CHILDREN AND THE AIDS VIRUS.
Clarion Books, 1989
This book will help young readers deal with their fear of AIDS. It will also inspire children to treat those who have AIDS with compassion and concern.

Hazen. Barbara Shook. WHY ARE PEOPLE DIFFERENT?
Western Publishing Co. 1985.
This book teaches children about the feelings of prejudice.

Howlett, Bud. I'M NEW HERE
Houghton Mifflin
A young girl from El Salvador begins her first day in an American school. Though she canot speak English, she perseveres, is accepted and develops a friendship. (Ages 7-10)

Janover, Caroline. JOSH, A BOY WITH DYSLEXIA
Waterfront Books, 1988
"Josh" is a gripping story for children and expresses beautifully what self-esteem can mean to a child with dyslexia. Includes information on the characteristics of dyslexia and a list of organizations that deal with learning disabilities.

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Kamien, Janet. WHAT IF YOU COULDN'T ...?
Charles Scribner's Sons, 1979
A book about disabilities that asks the reader to imagine that he or she is the person with the disability, and then introduces experiments that help to understand how it feels to have that disability. Also explained is how to make use of various supports and aids to help the disabled person.

Konczal, Dee; Pesetski, Loretta. WE ALL COME IN DIFFERENT PACKAGES
The Learning Works. 1983
This book contains individual and group activities to help children recognize the similarities and differences between themselves and people who are blind, communicatively handicapped, crippled, deaf, learning disabled, or retarded.

Kuklin, Susan. THINKING BIG
Lothrop, Lee & Shepard Books, 1986
Thinking Big tells it like it really is for both the young dwarf and the parents of a dwarf. The book makes it clear that being small is no great disaster and that little people of all ages can and do enjoy normal lives.

Langoulant, Allan. EVERYBODY'S DIFFERENT
Lothian Publishing Co. 1990
Everybody's Different will entertain, educate and amuse. Through wonderful colors and rich details, we understand how different we all are: different faces, hairstyles, dress, lifestyles, languages and pastimes.

Lasker, Joe. HE'S MY BROTHER.
Albert Whitman and Company. 1974
A young boy describes the experiences of his slow learning brother at school and at home.

Lasker, Joe. NICK JOINS IN
Albert Whitman & Co., 1980
Shows that handicapped children can be educated along side non-handicapped children.

Lawrence, Jim. THE UGLY DUCKLING
Modern Publishing, 1987.

Lee, Marie G. IF IT HADN'T BEEN FOR YOON JUN
Houghton Mifflin
Alice Larsen wants only to be considered American, until shy, bookish Yoon Jun, only the second Korean to move to town, teaches her about her Korean heritage. (Ages 9-13)

Levi, Dorothy Hoffman. A VERY SPECIAL FRIEND
Kendall Green Pub., 1989
In search of a friend her own age, six-year old Frannie meets Laura, who is deaf, and learns sign language from her.

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Litchfield, Ada B. A BUTTON IN HER EAR
Albert Whitman & Co., 1976
The story of Angela whose parents discover her hearing problem when her responses don't make sense. Her parents and teachers re-enforce Angela's healthy attitude towards using a hearing aid. Discussion on communication and the process of determining hearing loss.

Lobato, Debra J. BROTHERS, SISTERS, AND SPECIAL NEEDS
Paul H. Brookes Publishing Co., 1990.

McConnell, Nancy P. DIFFERENT AND ALIKE
Current, Inc., 1982
This book explores differences such as being deaf, blind, meantlly or physically handicapped and the ways in which we are all alike or different.

McDonnell, Janet; Ziegler, Sandra. WHAT'S SO SPECIAL ABOUT ME? I'M ONE OF A KIND.
Children's Press, 1988
A girl nicknamed Anna Banana rejoices in all the ways she is special.

Meyer, Donald J.; Vadasy, Patricia F.; Fewell, Rebecca R. LIVING WITH A BROTHER OR SISTER WITH SPECIAL NEEDS.
University of Washington Press. 1985
This book gives siblings simple, clear explanations about the causes and nature of handicaps and support for their feelings about their sibling with special needs.

Nystrom, Carolyn. THE TROUBLE WITH JOSH
Lion Publishing Corporation, 1989
This book describes the life of a young boy who is hyperactive and has difficulty learning. His story helps us to understand the needs of children like Josh, and their families.

Perska, Robert. CIRCLES OF FRIENDS
Abingdon Press, 1988
A warm, sensitive collection offering true stories and issues to ponder, concerning friendships between people with disabilities and so-called normals. Shows how friendships cut across age groups, generations, and races.

Peterson, Jeanne Whitehouse. I HAVE A SISTER MY SISTER IS DEAF
Harper & Row Publishers, 1977
Describes the lifestyle of a girl who is deaf.

Peterson, Jeanne Whitehouse. I HAVE A SISTER, MY SISTER IS DEAF
Harper and Row Publishers, 1977
An excellent vehicle for explaining the world of the totally deaf to children ages 4 to 8. Discusses the life of a very special sister who likes to do things that others like to do, such as jumping, climbing and playing the piano.

Picotti; Hoyt; Varley; La Monica. MY FULL LIFE
Epilepsy Assoc. of Western Washington, 1986
The purpose of this book is to encourage your child to participate in self-expression through the completion of this book.

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Pirner, Connie White. EVEN LITTLE KIDS GET DIABETES
Albert Whitman & Company, 1991
A young girl who has had diabetes since she was two years old describes her adjustments to the disease.

Powell, Thomas H.; Ogle, Peggy Ahrenhold. BROTHERS AND SISTERS - A Special Part of Exceptional Families
Paul H. Brookes Pub. Co., 1985
A one-of-a-kind book offering advice to parents and professionals on techniques and services that can help non-handicapped siblings better understand their unique feelings and circumstances.

Qualey, Marsha. REVOLUTIONS OF THE HEART
Houghton Mifflin
Cory K. is facing the toughest year of her life---dealing with the death of her mother and the racism she discovers in her small hometown when she begins to date a Native American boy named Mac. (Ages 12 and up)

Quinn, Patricia O., M.D., and Judith M. Stern, MA. PUTTING ON THE BRAKES
1991
Young people's guide to understanding attention Deficit Hyperactivity Disorder (ADHD).

Quinsey, Mary Beth. WHY DOES THAT MAN HAVE SUCH A BIG NOSE?
Parenting Press, Inc., 1986
This book shows a positive attitude toward differences in people and how they look. Different does not have to mean bad, wrong or scary, but can be a recognition of everyone's uniqueness.

Rabe, Bernice. THE BALANCING GIRL
Dutton, 1981
This remarkable book is about Margaret, who is confined to a wheelchair and has developed her own special skill in balancing things. She uses her talent to benefit her whole school in an imaginative way. It is a book about a physically disabled child and social tolerance that is accessible to a preschool child.

Rabe, Tish Sommers. ELMO GETS HOMESICK
Sesame Street/Golden Press, 1990
This book helps children to understand and overcome the anxiety of being homesick.

Riskind, Mary. APPLE IS MY SIGN
Houghton Mifflin
An exuberant book that should do a lot to put across the natural feelings, and special circumstances, of deaf kids. (Ages 10-14)

Rogers, Fred. IF WE WERE ALL THE SAME
Random House, 1987
This book helps children appreciate themselves for who they are and teaches them to enjoy the fact that they are both different and unique.

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Rosenberg, Maxine B. LIVING IN TWO WORLDS
Lothrop, Lee and Shepard Books, 1986.
Just under 2 percent of all children born in the U.S. are of mixed racial and ethnic heritage. Here, as the children themselves speak about who they are and how they feel about themselves, it becomes clear that the special challenges they experience go hand in hand with the special benefits of belonging to more than one culture.

Rosenberg, Maxine B. MAKING A NEW HOME IN AMERICA
Lothrop, Lee & Shephard Books, 1986.
This book explores the feelings of four young newcomers to the United States.

Rosenberg, Maxine. MY FRIEND LESLIE
Lothrop, Lee & Shepard Books, 1983
This book presents a multi-handicapped kindergarten child, who is well-accepted by her classmates, in various settings within the school setting.

Sanford, Doris. DON'T LOOK AT ME
Multnomah Press, 1986
This book is to help the child who doesn't feel good enough about himself to take on a new perspective and to help him like himself.

Sanford, Doris. I CAN SAY NO
Multnomah Press, 1987
A breakdown in communication between family members leads to the discovery that David's older brother is using drugs. Lists guidelines for parents to help a child stay off drugs.

Sanford, Doris. IN OUR NEIGHBORHOOD, DAVID HAS AIDS
Multnomah, 1989
The story of David, a demophiliac who has contracted AIDS from a blood transfusion. David lives with his grandmother and has no friends, until he meets Washington. Through Washington's friendship and his grandmother's wisdom, David is able to face his approaching death with courage.

Schniedewind, Nancy; Davidson, Ellen. OPEN MINDS TO EQUALITY
Prentice-Hall, Inc. 1983
This book, geared for elementary and middle school teachers, examines the ways that racism, sexism, class bias, ageism and competitive individualism in school and society reinforce inequality.

Schulz, Charles M. WHY, CHARLIE BROWN, WHY?
Topper Books, 1990.
Janice, a friend of the Peanuts Gang, is diagnosed with leukemia. This book explores what happens when a friend becomes very ill.

Seuling, Barbara. I'M NOT SO DIFFERENT
Golden Books. 1986
This book is the story of a young girl who is in a wheelchair. It takes you through a typical day, showing that handicapped people enjoy most of the same things as everyone else.

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Simon, Norma. WHY AM I DIFFERENT?
Albert Whitman & Co., 1976
This book portrays everyday situations in which children see themselves as "different" in family life, preferences, and aptitudes, and yet, feel that being different is all right.

Sobo, Harriet Langsam. MY BROTHER STEVEN IS RETARDED
Macmillan Publishing Co., 1977
In this book, a young girl explains what it is like to be part of a family where one person, her brother, is retarded.

Spier, Peter. PEOPLE
Doubleday, 1980
With more than four billion people in the world, it's sometimes hard for any one of us to feel special, but this book reminds us that each of us is unique, different from others, and deserving of respect and tolerance.

Stanek, Muriel. MY MOM CAN'T READ
Albert Whitman & Co., 1986
When Tina asks her mother for help in first-grade reading, she is shocked to learn that her mother can not read. A concerned teacher helps them to find tutors and they both learn to read together.

Stein, Sara Bonnett. ABOUT HANDICAPS
Walker & Co., 1974
This is a story about Matthew and Joe. Joe has a handicap and throughout the book, Matthew struggles to understand his disability and to be a friend and playmate of Joe's.

Swensen, Judy Harris; Kunz, Roxane Brown; CANCER - THE WHISPERED WORD
Dillon Press, Inc., 1986
A book that explains cancer and gives children ideas to help around their homes in the case of a family member having cancer.

Van der Meer, Ron and Atie. YOUR AMAZING SENSES
Singram Co., Ltd., 1987
This book teaches kids about their senses and the ways they are used for everything one experiences.

Walker, Kate. PETER
Houghton Mifflin
When he finds himself attracted to his older brother's gay friend, David, Peter is plunged into the kind of sexual uncertainty many young men feel. (Ages 12 and up)

Walker, Lou Ann. AMY, THE STORY OF A DEAF CHILD
Lodestar Books, 1984.
This book tells the story of Amy, a young deaf child. In her own words, Amy talks about her life with her friends and family, at school and at home. Included are more than a hundred photographs.

Weiner, Florence. NO APOLOGIES - A Guide to Living with a Disability
St. Martin's Press, 1986
Written by the "real authorities," people with disabilities, their families and friends. Affirms that disabled people need not apologize, but demand that others recognize their rights. Personal accounts describing resources needed to meet their needs.

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Winthrop, Elizabeth. TOUGH EDDIE
Dutton, 1985
Everyone thinks Eddie is a tough little boy until his sister mentions his dollhouse. He sorts out his pals and deals with the problems of sexual stereotyping in a believable way. The illustrations are engaging.

Wolf, Bernard. DON'T FEEL SORRY FOR PAUL
J.B. Lippincott Co., 1974
Photographs and simple text capture two weeks in the life of a handicapped boy learning to live successfully in a world made for people without handicaps.

Young, Ronder Thomas. LEARNING BY HEART
Houghton Mifflin
The racism and divisions in a small southern town in the sixties start to become evident to ten-year-old Rachel. (Ages 10-14)

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FAMILY ISSUES

Banks, Ann. ALONE AT HOME
Worzalla Publishing Company, 1989
This book "is a special activities book with projects designed to help kids stay busy and safe when they're on their own..."

Banks, Ann. ME AND MY STEPFAMILY...A Kid's Journal.
Puffin Books, 1990
A journal which provides constructive activities and plenty of space for writing to let kids work through their feelings. Includes a parent's guide.

Banks, Ann. WHEN YOUR PARENTS GET A DIVORCE. A Kid's Journal
Puffin Books, 1990
Helps kids cope with the changes divorce brings by providing activities and writing space to let them work through their feelings. Includes a Parents' Guide.

Bernstein, Sharon Chesler. A FAMILY THAT FIGHTS
Albert Whitman & Co., 1991
Henry's parents fight often and his father sometimes hits his mother, causing Henry to feel frightened and ashamed. Includes a list of things children can do in situations of family violence.

Berry, Joy. EVERY KID'S GUIDE TO HANDLING FAMILY ARGUMENTS
Children's Press, 1987
This book helps the family make family arguments a positive experience.

Berry, Joy. EVERY KID'S GUIDE TO HANDLING FIGHTS WITH BROTHERS OR SISTERS.
Children's Press, 1987
This book tells you ten reasons why brothers and sisters fight, why fighting is harmful, and four steps to avoiding fights.

Berry, Joy. GOOD ANSWERS TO TOUGH QUESTIONS ABOUT STEPFAMILIES
Childrens Press, 1990
Questions are answered about terms that relate to stepfamilies, feelings stepchildren might experience, disadvantages and advantages of being part of a stepfamily, and recommended things for stepchildren to avoid.

Berry, Joy. UNDERSTANDING PARENTS
Children's Press, 1987
Children are taught that not all parents are alike and that parents are not perfect.

Better Homes and Gardens. THE LATCHKEY YEARS
Meredith Corporation, 1990
A common-sense guide to happier, safer kids who stay home alone.

Boegehold, Betty. DADDY DOESN'T LIVE HERE ANYMORE.
Western Publishing Company, Inc., 1985

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Bradley, Buff. WHERE DO I BELONG?
Harper & Row, 1982
This is a guide for children ages 8-12 in step-families. It helps them cope with the new world around them.

Christiansen, C.B. MY MOTHER'S HOUSE, MY FATHER'S HOUSE
Penguin Group, 1989
This book is about a girl who must live part-time with her mother and part-time with her father. The book is supposed to help children of divorce deal with their situation more effectively.

Cole, Joanna. HOW YOU WERE BORN
Morrow, 1984
When the appropriate time comes, this is a fine book to read with young children who want to know how babies grow inside the mother and are born. The text is clear and accurate; the photographs are beautiful rather than alarming for reachers from toddler to middle-grade level.

Davis, Diane. SOMETHING IS WRONG AT MY HOUSE
Parenting Press, Inc., 1984
A book for children about domestic violence.

Drescher, Joan. MY MOTHER'S GETTING MARRIED
Dial Books of Young Readers, 1986
Katy's mother is getting married, and everybody thinks it's wonderful. Everybody but Katy, who is afraid it will only mess things up.

Edelman, Elaine. I LOVE MY BABY SISTER (MOST OF THE TIME)
Lothrop, 1984
As this little girl describes life with her baby sister, she is very honest about the initial disadvantages of the situation. Nevertheless, she hopes that as the baby gets older, they will play together.

Einstein, Elizabeth; Albert, Linda. STRENGTHENING YOUR STEPFAMILY
American Guidance Service, 1986
By focusing on specific relationships within the stepfamily, this book will help you come to understand both the problems and the potential of your stepfamily.

Fassler; Lash; CHANGING FAMILIES
Waterfront Books, 1988
This book is about families and explains Family Diversity.

Fitzhugh, Louise. NOBODY'S FAMILY IS GOING TO CHANGE
Farrar, Straus, 1974
This is a compelling story about expectations, stereotypes, and family pressures. Emma wants to be a lawyer, but it is her brother, Willie, who feels the career pressure. Moreover, Willie wants to dance on the stage like Uncle Dipsey. The Sheridan family is black, but the problems are universal.

Getzoff, Ann; McClenahan, Carolyn. STEP KIDS
Walker and Company, 1984
A survival guide for teenagers in stepfamilies.

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Girard, Linda Walvoord. ADOPTION IS FOR ALWAYS
Albert Whitman and Company, 1985
A caring look of a story about adoption and how a little girl accepted it.

Hazen, Barbara Shook. IT ISN'T FAIR.
Western Publishing Company, Inc. 1986
This book is about sibling rivalry. It helps kids to understand and put up with each other.

Hazen, Barbara Shook. WHY CAN'T YOU STAY HOME WITH ME?
A Golden Book, 1986
A young girl accepts the fact that her mother can't always be with her because she must work.

Hyde, O. Margaret. MY FRIEND HAS FOUR PARENTS
McGraw-Hill Book Company, 1981
This book is about the feelings children experience when their families are broken up or changed around, i.e. one parent families, step-families, and children living part-time with both parents.

Jasinek, Doris; Ryan, Panela. A FAMILY IS A CIRCLE OF PEOPLE WHO LOVE YOU
CompCare Publishers, 1988
This book is a warm reminder of the good feelings a sense of family can bring, whether it be a family of relatives, loyal friends, or a patchwork of possibilities.

Jenness, Aylette. FAMILIES
Houghton Mifflin
The concept of the family and the similarities and differences between families are explored here in seventeen personal stories, including quotes by both parents and children. (Ages 8-12)

Jukes, Mavis. LIKE JAKE AND ME
Knopf, 1984
Alex, who is quiet and rather shy, probably like his father, is trying to cope with his stepfather--a brash cowboy. The turning point comes when Alex rescues Jake from a wolf spider. A well-written story about the formation of new families that carries special conviction.

Kranyik, Margery A. GROWING UP IS...
Betterway Publications, Inc. 1985
This book is to help kids cope and to help parents, teachers, counselors, and other adults to understand and advise children who are going through tough times or difficult family situations.

Krementz, Jill. HOW IT FEELS TO BE ADOPTED
Knopf, 1982
The universal curiosity of adopted children and many of their special feelings and interests are reflected in first-person accounts from a group of nineteen youngsters from eight to sixteen whose pictures are shown with their stories. This reassuringly low-key book is of special interest to children, family, and friends of adoptive families.

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Lash, Michele, Loughridge, Sally Ives, Fassler, David. MY KIND OF FAMILY - A Book for Kids in Single-Parent Homes.
Waterfront Books, 1990
This book offers a unique opportunity for understanding the feelings, hopes and challenges faced by children in single-parent families.

Leshan, Eda. WHEN GROWNUPS DRIVE YOU CRAZY
Macmillan Publishing Company, 1988
A look at conflicts and problems from the young person's point of view.

Levinson, Riki. I GO WITH MY FAMILY TO GRANDMA'S
Dutton, 1986
Five cousins and their families from the five boroughs of New York City assemble at their grandparents' home in Manhattan on a summery day around the turn of the century. The text is straightforward, and the detailed illustrations showing the different families and different children are rich and intriguing, as well as fun to count.

Livingston, Carole. WHY WAS I ADOPTED?
Lyle Stuart, Inc. 1978
This book is full of colorful illustrations on how, why, and where children are adopted.

Ormerod, Jan. 101 THINGS TO DO WITH A BABY
Lothrop, 1984
A catalog of activities, this is also a record of a day in the life of a family with a father, an active older sister, a dear baby, and a black cat. Mother is the loving artist. The three-color illustrations and gentle domestic ideas are both enchanting and encouraging. A book for siblings of many ages.

Osman, Trudy; Carey, Joanna. WHERE HAS DADDY GONE?
Ideals Publishing Corporation, 1989
This book approaches divorce from a child's view giving insight into the feelings of a child whose parents are getting a divorce.

Paris, Susan. MOMMY AND DADDY ARE FIGHTING
The Seal Press, 1986
A young girl tries to come to terms with her parents' quarreling and fighting.

Pellegrini, Nina. FAMILIES ARE DIFFERENT
Holiday House, 1991
An adopted Korean girl discovers that her classmates have all different types of families.

Quinlan, Patricia. MY DAD TAKES CARE OF ME
Annick Press, 1987.
This is a story about a little boy who is ashamed because his father lost his job and is now staying at home taking care of him. But the little boy comes to grips with the idea.

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Reading, J.P. THE SUMMER OF SASSY JO
Houghton Mifflin
A thirteen-year-old girl is faced with reconciliation with her ex-alcoholic mother after eight years of abandonment. (Ages 12 & up)

Roberts, Gail, and Guttormson, Lorraine. YOU AND YOUR FAMILY - A Survival Guide for Adolescence
Free Spirit Publishing, 1990.
This is a workbook with activities to help you understand and accept yourself and to become more understanding and accepting of others. It will help you to be the best person you can be.

Sanford, Doris. BRIAN WAS ADOPTED
Multnomah, 1989
A story about a young Korean boy who is adopted.

Sanford, Doris. LISA'S PARENTS FIGHT
Multnomah, 1989
A young girl lives with her parents who fight. Through affirmation from outside sources, the girl begins to trust others and to understand that she is not the cause of her parents' abusive behavior.

Sanford, Doris. MARIA'S GRANDMA GETS MIXED UP
Multnomah, 1989
Maria and her family find out that Grandma has Alzheimer's Disease and learn some simple ways to help her. They realize that not having a cure doesn't mean there is nothing that can be done.

Seixas, Judith. LIVING WITH A PARENT WHO DRINKS TOO MUCH
Greenwillow Books, 1979
Living with a parent who drinks too much describes alcoholism, alcoholic behavior, and resulting family problems. Advises children how to deal with these problems and their feelings, suggests ways to make life more bearable and productive.

Sharmat, Mitchell. GREGORY, THE TERRIBLE EATER
Reading Rainbow Gazette, Inc., Four Winds Press, 1986
This book has a story about a goat named Gregory who only wants to eat "healthy" food while his parents want him to eat "junk" food. There is also an "activities" section.

Shyer, Marlene Fanta. HERE I AM, AN ONLY CHILD
Scribners, 1985
The pros and cons of being an only child are affectionately stated and illustrated with charm and in full color: you always get the wishbone, you always get the blame.

Simon, Norma. I WISH I HAD MY FATHER
Albert Whitman & Co., 1983
The children in this book live with a single parent and do not know or see the parent who doesn't live with them. This book can begin to help adults and children find words to express the thoughts, emotions and expectations that surround the significant, though absent, parent in the children's lives.

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Simon, Norma. ALL KINDS OF FAMILIES
Albert Whitman & Co., 1976
This book acknowledges that families are composed in many different patterns, not just in the traditional way.

Sobo, Harriet. WE DON'T LOOK LIKE OUR MOM AND DAD
Coward-McCann, 1984
This book tells the story of two Korean-born brothers who were adopted by American parents.

Stanek, Muriel. ALL ALONE AFTER SCHOOL
Albert Whitman & Co., 1985
This is a story about a latchkey child. As the simple plot unfolds, children learn many ways to deal with both the feelings and the facts of being alone after school.

Stanek, Muriel. I WON'T GO WITHOUT A FATHER
Albert Whitman & Company, 1972
This story may open the way for some children of one-parent homes to face their own feelings as they identify with Steve.

Stinson, Kathy. MOM AND DAD DON'T LIVE TOGETHER ANY MORE
Annick Press Ltd., 1989
This is a story about a little girl whose parents are separated. She is confused about why they can't live together, but she knows that they both love her very much, just not together.

Thomas, Marlo. FREE TO BE...A FAMILY
Bantam Books, 1987
A book to help children come to know and appreciate their family and family issues.

Venezia, Mike. HOW TO BE AN OLDER BROTHER OR SISTER
Children's Press, 1986
An older sibling experiences the ups and downs of having a new baby in the family and sharing the years of growth that follow.

Verdral, Joyce L. MY PARENTS ARE DRIVING ME CRAZY
Ballantine Books, 1986
This book uses real-life situations to help kids understand their parents, deal with nagging, grouchiness, and overprotectiveness, and to cope with little hooks life throws you.

Vigna, Judith. I WISH DADDY DIDN'T DRINK SO MUCH
Albert Whitman & Co., 1988
This is a story of a child of an alcoholic father. The message here is that such children must `detach with love' from the alcoholic behavior and focus on doing things that make them feel good about themselves.

Viorst, Judith. I'LL FIX ANTHONY
Aladdin Books, 1969
A little brother thinks of the ways he will some day get revenge on his older brother. (Sibling Rivalry)

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Williams, S.P. GINGER GOES ON A DIET
Houghton Mifflin
A young foster child and her new mom get a cat from the animal shelter who is having trouble accepting her new home.

Willhoite, Michael. DADDY'S ROOMMATE
Alyson Publications, 1990
This book discusses homosexuality through the eyes of a young boy whose dad is gay.

Williams, S.P. GINGER GOES ON A DIET
Houghton Mifflin
A young foster child and her new mom get a cat from the animal shelter who is having trouble accepting her new home. (Ages 7-10)

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FEELINGS

Alexander, Liza. SCARED OF THE DARK
Western Publishing Company, Inc. 1986
This book is to help children deal with being scared of the dark.

Aliki. FEELINGS
Mulberry Books, 1984
A catalog of emotions--witty illustrations of faces showing sorrow, joy, love, hate, pride, fear, frustration, and more. Since some children have difficulty explaining their emotions, often because they don't have the words for them. Excellent for shared reading..

Anderson, Leone Castell. HOW COME YOU'RE SO SHY?
A Golden Book, 1987
A story about a shy girl who finds the courage to take the first steps to become friends with the new girl who is just as shy as she is.

Berry, Joy. EVERY KID'S GUIDE TO COPING WITH CHILDHOOD TRAUMAS
Living Skills press, 1988.
This book will help you understand the following: trauma, going to a new school, staying in the hospital, failing at doing something important, serious illness or injury, etc.

Berry, Joy. EVERY KID'S GUIDE TO UNDERSTANDING NIGHTMARES.
Children's Press, 1987
This book is a guide to help children understand and handle nightmares.

Berry, Joy. GOOD ANSWERS TO TOUGH QUESTIONS ABOUT TRAUMATIC EXPERIENCES
Living Skills Press, 1990
This book discusses trauma that is and is not the reader's fault. It also discusses negative and positive reactions and ways to handle both types of trauma.

Berry, Joy. LET'S TALK ABOUT TEASING.
Grolier Enterprises Corp., 1982
This book is to help children put up with and to try to stop teasing.

Best, Anthony. THAT MAKES ME ANGRY!
Western Publishing Co., 1989
Bert and Ernie get angry with each other over miscommunications and then they make up.

Carlisle, Richard. WHO'S AFRAID OF THE DARK?
Oak Tree Publications, Inc. 1985
This book will help a child see that he shouldn't be afraid of the dark. A story of rhymes and pictures.

Chorao, Kay. MY MAMA SAYS THERE AREN'T ANY ZOMBIES, GHOSTS, VAMPIRES, CREATURES, DEMONS, MONSTERS, FIENDS, GOBLINS, OR THINGS.
Aladdin Books, 1973.
If his mother has made other important mistakes, can Nick trust her word that there are no goblins and such lurking around in the night?

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Dickson, Anna H. GROVER'S BAD, AWFUL DAY.
Western Publishing Company, Inc. 1986
Grover learns that he can't let everything little that does wrong get to him. Just let it slide and everything goes fine.

Frandsen, Karen. I'D RATHER GET A SPANKING THAN GO TO THE DOCTOR
Regensteiner Publishing Enterprises. 1987
A child names all the urgent things that need to be done before going to the doctor for a shot, such as brushing teeth, doing homework, and taking cookies to a sick friend.

Gesme, Carole. HELP FOR KIDS, UNDERSTANDING YOUR FEELINGS ABOUT THE WAR
Daisy Press, 1991
This is a workbook that helps children understand their own feelings about themselves and about war.

Giff, Patricia Reilly. TODAY WAS A TERRIBLE DAY
Viking, 1984
Ronald Morgan is a hapless hero and suffers from acute bumbling and the problems of the second grade.

Gordon, Sol. WHEN LIVING HURTS
Union of American Hebrew Congregations, 1985
A book for teenagers and young adults on suicide prevention and crisis intervention. A `what to do' book for yourself or someone you care about who feels discouraged, sad, hopeless, angry or frustrated, unhappy or bored, depressed, or suicidal.

Greenberg, Harvey R.M.D. DEAR DR. DYNAMITE.
Scholastic, Inc. 1986
This book is full of letters written by real kids about problems every kid faces, and it answers to these problems.

Hazbry, Nancy & Condy, Roy. HOW TO GET RID OF BAD DREAMS
Scholastic, Inc., 1983
Funny ways to make bad dreams and scary monsters disappear!

Hazen, Barbara Shook. VERY SHY.
Human Sciences Press, Inc. 1982
This book helps children to overcome their shyness and to reach out to others.

Hill, Susan. GO AWAY, BAD DREAMS!
Random House, 1985
Tom's mother helps him figure out how his imagination works to create some of his bad dreams, and then he can chase them away. This British import has a slightly stiff-upper-lip quality, but may be helpful to a school-age child with some simple nightmare troubles.

Kraus, Robert. LEO THE LATE BLOOMER.
Windmill Books, Inc. 1971
This book is to show kids not to get discouraged if they're not caught up to the other kids yet. Their time will come, they're just late bloomers!

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Madaras, Lynda. THE WHAT'S HAPPENING TO MY BODY? BOOK FOR GIRLS/BOYS
This book helps parents and children understand puberty and the emotional and physical changes associated with that difficult time. Each book deals with complex issues such as the stages of puberty, changes in the body, and sexual attitudes and responsibility. A must for any parent who has ever wondered how to get past the "teenage puberty attitude", and forge a new understanding between parent and budding adult. Please specify either a "girl" or "boy" edition.

Matthews, Andrew. BEING HAPPY!
Price Stern Sloan, Inc., 1988
This is a handbook for children that helps them build greater confidence and security.

McDonnell, Janet. THANKFULNESS: What Is It?
The Child's World, Inc., 1988
This is an illustrated book about what thankfulness is.

Morgan, Marcia. A LITTLE BIRD TOLD ME ABOUT...MY FEELINGS
Equal Justice, 1984
A story coloring book to teach children how to trust their feelings and say "no" to inappropriate touching.

Murphy, Joanne Brisson. FEELINGS
Black Moss Press, 1985
This book explains the fact that feelings help us to better understand ourselves.

Patterson, Claire. ALMOST GROWN-UP
Simon & Schuster, 1988
This book can help children...feel better about their changing bodies, realize that being different is normal, understand why their emotions sometimes take them on roller coaster rides, learn how to make friends, get a handle on sex and sexual feelings.

Polland, Barbara Kay. FEELINGS: INSIDE YOU AND OUTLOUD TOO
Celestial Arts, 1985
This book helps children express their feelings better and for their parents in seeking and finding a bridge between their own and their children's feeling.

Prestine, Joan Singleton. SOMETIMES I'M AFRAID
Price/Stearn/Sloan, 1987
A humorous little story about the feelings of one boy who is afraid. A very sensitive and caring book for children.

Richards, Joanne; Standley, Matianne V. DEALING WITH FEELINGS
The Learning Works, Inc., 1982
Contains a unique collection of activity sheets designed to help students give creative expression to their feelings.

Simon, Norma. I AM NOT A CRYBABY
Penguin Group, 1989
Children describe a variety of situations that make them want to cry, emphasizing that crying is a normal reaction.

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Simon, Norma. I WAS SO MAD!
Albert Whitman & Company, 1974
Text and pictures relate situations which sometimes result in such reactions as frustration, anxiety, humiliation, and loss of control.

Simon, Norma. NOBODY'S PERFECT, NOT EVEN MY MOTHER
Albert Whitman & Co., 1981
A humorous book for little kids about everybody making mistakes.

Smallman, Clare and Riddell, Edwina. OUTSIDE-IN
Children are naturally fascinated by their bodies--and how they work. Here's the book that answers their questions, clearly and directly with over 30 full-color illustrations, including 8 diagrams of the body that fold out to show location of the internal organs. The heart, lungs, digestive system, bones and muscles are all explained so that little folks can understand them. (Ages 4-7).

Smith, Jennifer. GROVER AND THE NEW KID
Random House, 1987
Sesame Street Books have been written, designed, and illustrated to provide funny, satisfying reading experiences.

Snell, Nigel. MARTIN FEELS LONELY
Hamish Hamilton, 1983.
This book tells the story of Martin, a young very shy boy who feels lonely, and who overcomes this by reaching out and making friends.

Stein, Sara Bonnet. ABOUT PHOBIAS
Walker and Company, 1974.
This book is a children's book written not only for children, but for the parents as well. The story deals with a young girl who becomes very afraid of something she had once been quite comfortable with. The book explains what is happening to Susie and why she is reacting the way she is, and gives the three steps to take in order to solve the problem.

Viorst, Judith. ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY
Aladdin Books, 1972.
This story is about one of those truly rotten days when everything that can go wrong does. It is somehow soothing for readers of all ages to know that it happens to other people. The two-color illustrations fairly quiver with Alexander's mounting frustrations.

Viorst, Judith. MY MAMA SAYS THERE AREN'T ANY ZOMBIES, GHOSTS, VAMPIRES, CREATURES, DEMONS, MONSTERS, FIENDS, OR THINGS.
Aladdin Books, MacMillan Publishing Company, 1973.
This book is about a boy named Nick who believes in monsters, ghosts, and vampires, etc., but his mama tells him there aren't any. But, Nick discovers his mama isn't always right. Are there really monsters, ghosts, etc?

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Watson, Jane Werner Switzer, Robert E. Hirschberg, J. Cotter. SOMETIMES I'M AFRAID
Crown Publishers, 1986.
This book is for both parents and children, to help understand how to master fear at the right place.

Watson, Jane Werner. SOMETIMES I GET ANGRY
Crown Publishers, Inc. 1986
This book deals with anger and the task of understanding it. It is for parents and children to talk about so that they can better understand each other.

Watson, Jane Werner. SOMETIMES I'M JEALOUS
Crown Publishers, 1986.
This book is especially for families with a new baby. It's aim is to help parents be able to reassure their children that the new baby is not a threat to their relationship with each other.

Wilt, Joy. HANDLING YOUR UPS AND DOWNS
Word, Inc., 1979
This is a children's book about emotions.

Wilt, Joy. TUFF STUFF
Word, Inc., 1980
This book is constructed with techniques for helping children handle difficult and painful situations. Children who grow up having these skills will be better equipped to live healthy lives.

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FRIENDSHIP SKILLS

Aliki. WE ARE BEST FRIENDS
Mulberry Books, 1982
A boy's best friend moves away, and then he meets another boy who needs a best friend too!

Baylor, Byrd. GUESS WHO MY FAVORITE PERSON IS
MacMillan Publishing Company, 1977
"A young man and a small girl spend one day in a field playing the `tell-what-your-favorite-thing-is' game ... a game that makes them think harder, renders ordinary things special, and, finally, can turn an ordinary summer day into one to cherish always."

Berry, Joy. EVERY KID'S GUIDE TO MAKING FRIENDS
Children's Press, 1987
This book is a guide to help children make friends, keep friends, and tells how important a friend is.

Book Production Systems, Inc. DISCOVER HEALTHY RELATIONSHIPS
Educational Assessment Publishing Co., Inc., 1990
This book will help develop healthy emotional, physical, and social behavior in children.

Bormaster, Jeffrey S.; Treat, Carol Lou. BUILDING INTERPERSONAL RELATIONSHIPS THROUGH TALKING, LISTENING, COMMUNICATING
PRO-ED, 1982
This is a book that teaches group activities for students of all ages on building interpersonal relationships through talking, listening, and communicating.

Cohen, Miriam. WILL I HAVE A FRIEND?
Macmillan, 1967
The first of three books dealing with some of the perfectly reasonable fears and anxieties about kindergarten. The answer to the question, happily, is yes. Paul makes friends with Jim on the very first day. In *The New Teacher* they cope with a mid-year replacement, and in *Best Friends* they cope with an emergency.

Elliott, Paula. HUFFY AND SPARKY - A Story About True Buddies
Planetary Publications, 1991
The story of two little sea otters who became tired of playing all alone. Their adventures together teach children about the fun that comes from sharing their playfulness and love with a buddy.

Fiday, Beverly; Crowdy, Deborah. RESPECT
Children's Press, 1988
Children are taught to learn how to respect others' property as well as their own.

Gajewsky, Nancy; Mayo, Patty. SSS: SOCIAL SKILLS STRATEGIES
Thinking Publications, 1989
This book is a curriculum guide for students form grades 5-12 that helps them build social skill competence.

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Gerrafalo, Lorraine. MAKING FRIENDS
Creative Teaching Press, Inc., 1985.
This book helps children learn how to make and keep friends. The activities show how friends meet, share, do things together, and maintain their friendship.

Hallinan, P.K. THAT'S WHAT A FRIEND IS.
Regensteiner Publishing. 1977
This book tells children what real friends are, and what they will do for one another.

Havill, Juanita
Houghton Mifflin
Brianna hurts Jamaica's feelings when she teases her about her hand-me-down boots. But, with the help of just one word, something happens that changes matters for the two friends. (Ages 4to 8)

Hoffman, Dorothy. A VERY SPECIAL FRIEND
Kendall Green Publications, 1989
In search of a friend her own age, 6 year old Frannie meets Laura, who is deaf, and learns sign language from her.

Johnson, David W. REACHING OUT
Prentice-Hall, Inc., 1981
This book seeks to provide the theory and experience necessary to develop effective interpersonal skills. The theory and exercises are integrated into an experiential approach to learning about interpersonal skills.

Mannis, Darlene; SOCIAL SKILLS ACTIVITIES FOR SPECIAL CHILDREN
Center for Applied Research in Education, 1993
A collection of lessons, activities, and ideas designed to help elementary children with special needs become aware of acceptable social behavior and to help them develop proficiency in acquiring basic social skills.

McElmurry, Mary Anne. CARING
Good Apple, Inc. 1981
The activities in this book are designed to assist students to develop a better understanding of and appreciation for themselves, others, their families, and their school community.

Millyard, Anne W.; Wilds, Rick. GETTING ALONG
Annick Press. 1978
This book contains awareness activities that help teach children responsibility, self-respect, and respect for others.

Moncure, Jane Belk. YOU AND ME
The Child's World, Inc. 1980
This book helps children think about and recognize their own needs and the needs of those around them.

Myrick, Robert; Erney, Tom. YOUTH HELPING YOUTH: A HANDBOOK FOR TRAINING PEER FACILITATORS
Persons engaged in the training of students as helpers are aided in developing and administering a systematic and effective peer facilitator program.

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Riehecky, Janet. SHARING
Children's Press, 1988
This book teaches young children how to share and what the benefits of sharing are.

Rogers, Fred, MAKING FRIENDS
G.P. Putnum's Sons, 1987.
Learning about friendship begins at an early age when children graduate from playing side by side to playing with each other. There is so much to learn about sharing toys to sharing loved ones as children begin to share themselves with others.

Van Allsburg, Chris. THE POLAR EXPRESS
Houghton Mifflin Co., 1985
A magical train ride on Christmas Eve takes a boy to the North Pole to receive a special gift from Santa Claus.

Welter, Paul. CONNECTING WITH A FRIEND
Tyndale House Publishers, Inc., 1985
This books is to help one develop eighteen counseling skills. The author uses case studies from his own counseling sessions to help someone "connect with a friend."

Ziegler, Sandra. FAIRNESS
Children's Press, 1989
Children are taught about fairness necessary for daily life.

Ziegler, Sandra. UNDERSTANDING
Children's Press, 1989
Children are taught how to be more understanding.

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PARENT RESOURCES

Arent, Ruth P. STRESS AND YOUR CHILD
Prentice-Hall, Inc. 1984
This handbook is to help parents help their children cope with the problems they encounter while growing up.

Bean, Reynold; Clemes, Harris. HOW TO TEACH CHILDREN RESPONSIBILITY
Enrichment Division, Ohaus. 1980
This book is for parents and teachers who want to learn what responsibility is and how to teach it to children in a helpful successful way.

Berne, Patricia H., Savary, Louis M. BUILDING SELF-ESTEEM IN CHILDREN
Contiuum Publishing. 1981
This book offers over 60 effective, practical principles to help parents and other concerned adults develop healthy relationships with children and foster a healthy self-esteem.

Bustanoby, Andre. BEING A SINGLE PARENT
A thoughtful, sensitive, and helpful book for parents who are raising their children alone. Discusses emotional well-being, guidance for children of specific ages, custody and visitation centers, and child-care for working parents.

Clarke, Jean Illsley. SELF-ESTEEM: A FAMILY AFFAIR.
Harper & Row, 1973
This leader guide shows group leaders how they can simultaneously make constructive use of their power and enable others to do the same.

Clarke, M.; Nordeman; Nordeman. HELP! FOR PARENTS OF TEENAGERS
Harper & Row Publishers, 1986
This book contains practical suggestions for ordinary problems raised by parents in parenting classes all over the country.

Collippp, Platon J., M.D. CHILDHOOD OBESITY
The contributing authors--including psychiatrists, physicians, pediatricians, nutritionists, and biochemists--cover all aspects of treating the obese child, emphasizing the setting of realistic goals and providing a constant psychological support.

Dyer, Wayne W. WHAT DO YOU REALLY WANT FOR YOUR CHILDREN?
Avon Books. 1985
This book, written for parents, shows them how to help their children take charge of their own happiness.

Elkind, David. THE HURRIED CHILD, GROWING UP TOO FAST TOO SOON.
Addison-Wesley Publishing Company. 1981
This book explores the burden we have brought upon our children, and offers insights, advice and help in solving these problems.

Eyre, Linda and Richard. TEACHING CHILDREN RESPONSIBILITY
Deseret Book Co., 1982
This book provides advice for parents about how to teach their children to be responsible to parents, to society, to themselves and to others.

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Faber, Adele; Mazlish, Elaine. HOW TO TALK SO KIDS WILL LISTEN AND LISTEN SO KIDS WILL TALK.
Avon Books. 1980
This book offers innovative ways to solve common problems that deal with children and their families.

Fagerstrom, Grethe, and Hansson, Gunilla. OUR NEW BABY
This book is designed to help parents explain to younger, curious children, how the baby came about and what the new baby will mean to the rest of the family. The story covers a year in the lives of parents and two children. How the baby was made, how she developed and was born, and what she means to the family are explained and discussed between parents and children and also friends and neighbors.

Ferber, Richard, M.D. SOLVE YOUR CHILD'S SLEEP PROBLEMS
Guide book to help desparate parents understand sleep mechanisms and sleep requirements of small children. Bedwetting, sleepwalking, headbanging, nightmares and narcolepsy are some of the topics covered. Parental rationales and techniques are explored to help children "learn" how to sleep.

Glenn, Stephen. RAISING CHILDREN FOR SUCCESS.
Sunrise Press, 1987
This book gives encouragement and direction to the efforts of parents, teachers, families, and most importantly, young people, to make their potential more accessible to them.

Goelitz, Jeffrey. THE ULTIMATE KID: Levels of Learning that Make a Difference.
University of the Trees Press, 1986
For parents and teachers who want to bring out the most in their children. Based on the latest theories in brain research, forty-five practical activities with step-by-step instructions to develop the child's capacities.

Grenoble, Penelope B.; Yellin, Alan. WHEN YOUR CHILD GROWS UP TOO FAST
Contemporary Books, Inc., 1988
In a fast-paced society where children often grow up too quickly, this book provides tips for parents on helping their child deal with these pressures.

Howe, James. THE HOSPITAL BOOK
There is no sugar coating in this examination of what a hospital stay may be like. The intent is to show realistically what youngsters can encounter and to give them a clue to what will hurt, what won't and what may make them feel better or worse during their stay.

Hull, Karla. SAFE PASSAGES.
Dawn Sign Press. 1986.
This book shows parents how to talk and listen to children in ways that promote their self-esteem and also illustrates how to turn daily routines into opportunities for teaching personal safety.

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Kaye, Kenneth, Ph.D. FAMILY RULES
St. Martin's Paperbacks, 1984
This book provides parents with ways in which they can use discipline to raise happy, self-respecting adults through consistently enforced rules.

Kersey, Katherine. HELPING YOUR CHILD HANDLE STRESS.
Acropolis Books. 1986
This book offers parents a guide to both the normal and abnormal stresses of childhood today...from toilet training to crimes against children.

Kuczen, Barbara, Ph.D. CHILDHOOD STRESS...HOW TO RAISE A HEALTHIER, HAPPIER CHILD.
Dell Publishing Company, Inc. 1982
This book is to provide practical, helpful solutions for children dealing with stress. It is designed for parents to help their children cope with the wide variety of stressors in their lives.

Meeks, Carolyn Ann. PRESCRIPTIONS FOR PARENTING
Warner Books, Inc., 1990
This book provides parenting tips for busy parents. It provides solutions to the most common parent-child problem: power struggles.

Nelsen & Glenn. RAISING SELF-RELIANT CHILDREN IN A SELF-INDULGENT WORLD
Prima Publishing & Communications, 1988
Jane Nelsen and H. Stephen Glenn offer an original, convincing, and easy-to-understand explanation of why so many of our young people don't feel capable.

Ricci, Isolini. MOM'S HOUSE, DAD'S HOUSE: MAKING SHARED CUSTODY WORK
A compendium of good advice for the separated or divorced parent. Covers issues from the psychological impact on parents and children to legal and school issues.

Samuels, Mike, M.D. and Samuels, Nancy. THE WELL CHILD BOOK--YOUR CHILD FROM FOUR TO TWELVE
Complete medical advice on how to deal with common illness and accidents. The most recent research findings on the relationship between stress, nutrition, exercise and your children's health. It is also the most comprehensive guide available on the child's body and how it works--for children.

Saunders, Antoinette; Remsberg, Bonnie. THE STRESS-PROOF CHILD
Holt, Rinehart, and Winston, 1984
This book tells concerned parents and other adults not only how to recognize symptoms of stress in the children they love, but also exactly and specifically what to do about them.

UNICEF. A CHILD'S CHORUS
E.P. Dutton, 1989
In 1959, the General Assembly of the United Nations adopted the Declaration of the Rights of the Child. This book is a unique tribute to the dream of a better quality of life for children everywhere.

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Wayman, Anne. SUCCESSFUL SINGLE PARENTING
Meadowbrook, 1987
Practical and supportive guide for single parents to help deal with the new situation.

Wright, H. Norman. HELPING CHILDREN HANDLE STRESS
Here's Life Publishers, Inc., 1987
Children live under incredible pressure today. That's why you need these simple, practical guidelines for evaluating the stress factors in your child's life.

Yawkey, Thomas D.; Jones, Kenneth C. CARING
Prentice-Hall, 1982
This practical, nontechnical guidebook shows parents and teachers how to help young children develop a sense of altruism --- kindness and consideration of others.

Youngs, Bettie B. STRESS IN CHILDREN
Arbor House, 1985
This book examines the growing problem of childhood stress, and provides parents with the knowledge necessary to help children overcome stress.

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SELF ESTEEM

Baylor, Byrd. EVERYBODY NEEDS A ROCK
MacMillan Publishing Company, 1974.
This book "describes the qualities to consider in selecting the perfect rock for play and pleasure".

Berry, Joy. EVERY KIDS'S GUIDE TO UNDERSTANDING HUMAN RIGHTS
Living Skills Press, 1986
This book will help you recognize and understand the following rights to which you are entitled: the rights to be yourself, to be honest, to make mistakes, to own your belongings, to have privacy, etc.

Book Production Systems, Inc., DISCOVER SELF-ESTEEM
Educational Assessment Publishing Co., Inc., 1990
Children are taught what self-image is and how to develop it positively.

Borba, Michele and Craig. 101 WAYS TO HELP CHILDREN LIKE THEMSELVES
Harper & Row, 1978.
This book includes many activities intended to help the child to feel more comfortable with himself/herself.

Borba, Michele and Craig. A CLASSROOM AFFAIR VOLUME 2
Harper & Row, 1982.
This is a book designed to help children like themselves through activities such as: New friend activities, life-story booklets, certificates, etc.

Brainard, Beth.
THE GARAGE SALE!
Good Idea Kids, Inc., 1992
A book about teaching kids to have a good set of values...to be a good person. It wll show them how to be honest, take responsibility and do their best.

Branden, Nathaniel. HOW TO RAISE YOUR SELF-ESTEEM
Bantam Books. 1987
This book is a step-by-step guide to strengthening your sense of self-worth. Straightforward and effective techniques that will dramatically improve the way you think and feel about yourself.

Burgess, Susan; Frazee, Bruce; McNabb, Eileen: Reviewers DISCOVER RESPONSIBILITY
Educational Assessment Pub. Co., Inc., 1990
This book is organized around key concepts that are essential for helping children develop responsibility. Each page presents colorful illustrations that assist children in understanding the concept of responsibility.

Burns, Marilyn. I AM NOT A SHORT ADULT!
Yolla Bolly Press, 1977
This book is for kids about being a kid. It talks about all kinds of kids. It talks about having fun, working hard, becoming a grownup. It talks about things you can do that you didn't know were possible.

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Burns, Marilyn. THE BOOK OF THINK
Yolla Bolly Press, 1976
This book is about what to do when you are puzzled, stumped, or can't get there from here. It is about being smart even when you feel dumb. This book is about how to think even when you know you are fresh out of ideas.

Canfield, Jack, Well, Harold C. 100 WAYS TO ENHANCE SELF-CONCEPT IN THE CLASSROOM.
Prentice-Hall, 1976
This book is a visionary guide to strategies for developing the self-esteem of the students in the classroom.

Carson, Janet, TELL ME ABOUT YOUR PICTURE
Prentice-Hall, 1984.
This book is designed to help children between the ages of five and ten communicate their thoughts and feelings through art activities that are both meaningful and fun.

Clark, Clemes, Bean. HOW TO RAISE TEENAGERS' SELF-ESTEEM
Price, Stern, Sloan, Inc. 1978.
This handbook has been prepared to help you create an environment within your family or group...where self-esteem is a valued attribute.

Clemes, Harris, Bean, Reynold. HOW TO RAISE CHILDREN'S SELF-ESTEEM.
Price/Stern/Sloan, 1987
This book is designed to help parents understand their children better and to explain those aspects of their behavior that may seem inconsistent, confusing, or irrational.

Clemes, Harris; Bean, Reynold. HOW TO TEACH CHILDREN RESPONSIBILITY
Enrich, Div./OHAUS, 1980
This book gives ideas on how to build the virtue of responsibility in children by using their own experiences to show them the positive results of certain behaviors.

Conway, L.M. GOAL GETTERS
The Learning Works, Inc., 1984
The purpose of this book is to help students come to know themselves, to understand the ways they are like other boys and girls their age and to appreciate the ways in which they are different--unique.

Crowdy, Deborah. PRIDE: VALUES TO LIVE BY
Child's World, Inc., 1990
Discusses justifiable pride and how it is manifested in daily life.

Edens, Cooper. IF YOU'RE AFRAID OF THE DARK
The Green Tiger Press, 1979
This book is a creative effort to teach kids to make the best of any situation and to always keep a positive attitude.

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Forisha, Bill E.; Grenoble, Penelope B. CREATING A GOOD SELF-IMAGE IN YOUR CHILD
RGA Publishing Group, Inc. 1988
This book stresses the importance of building a healthy self-image for your child. It instructs parents on the role of the self-image in the family, in the child's development, including a section on how to maximize a child's positive qualities.

Fugitt, Eva D. HE HIT ME FIRST
Jalmar Press, 1983
This book helps teach self-esteem through self-discipline using creative visualization activities. It is meant for both parents and teachers.

Hazen, Barbara Shook. GROWING UP IS HARD SOMETIMES.
Western Publishing Company, Inc. 1986.
This book is about independence and responsibility in children.

Hipp, Earl. FIGHTING INVISIBLE TIGERS
Free Spirit Publishing Co., 1985
This book provides a look at the pressures felt by young people today. It provides strategies for surviving and thriving the "jungle of life." It is for those who've felt overwhelmed, frustrated or depressed about life and want to do something about it.

Howe, James. I WISH I WERE A BUTTERFLY
Gulliver Books, 1987
A colorfully illustrated book about a young cricket questioning his identity, and, with reassurance from a special friend, he accepts and likes being a musical cricket.

Kaplan, Phyllis; Hoffman, Ann G.; IT'S ABSOLUTELY GROOVY
Love Publishing Company, 1981
This book is filled with easy ways to do what has to be done if living and learning are really going to be a *happening*. It enhances self concept and human interactions. It's for anybody -- everybody. We've never met a human who wasn't "turned on" by positive strokes and a dose of self control.

Kaufman, Gershen and Raphael, Lev. STICK UP FOR YOURSELF!
Free Spirit Publishing, 1990
This book tells you how to stick up for yourself with other kids, big sisters and brothers, even parents and teachers. You'll feel better about yourself and more in charge of your life.

Keys, Ken. YOUR LIFE IS A GIFT...SO MAKE THE MOST OF IT!
Love Line Books, 1987
This book offers reliable techniques that people can use to solve problem's in their lives and to feel happier.

McDonnell, Janet. SUCCESS: What Is It?
The Child's World, 1988
Describes success and how it can be achieved in everyday life.

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Morse, Charles and Ann. WHOBODY THERE?
St. Mary's Press, 1971
This is an adult-and-child together book with pictures that tell many stories, and the adult and child can go and grow in their own ways.

Palmer, Pat. LIKING MYSELF
Impact Publishers, 1977
An introduction to concepts of feelings, self-esteem and assertiveness.

Pemberton, N; Riehecky. RESPONSIBILITY: WHAT IS IT?
Children's Press, 1988
A book introducing children to different kinds of responsibilities.

Rice, Melanie and Chris. ALL ABOUT ME
Melanie and Christopher Rice, 1987
Introduces basic concepts about the human body, everyday activities, and the world surrounding children.

Riehecky, Janet. COOPERATION: VALUES TO LIVE BY
Child's World, Inc., 1990
Portrays situations illustrating the importance of cooperation.

Riehecky, Janet. GOOD SPORTSMANSHIP: VALUES TO LIVE BY
The Child's World, Inc., 1990
Defines good sportsmanship by presenting situations in which it is important to be a good sport.

Rosenberg, Ellen. GROWING UP FEELING GOOD
Beaufort Books, 1987
This book answers questions, examines choices, & helps children to learn to feel better about themselves and the people around them.

Satir, Virginia. SELF-ESTEEM
Celestial Arts, 1975
A poem declaring the self worth in us all.

Schubert, Carbara; Bird, Marlene. SELF IMAGE
Reflections & Images, 1979
A book of exciting, manipulative activities for K-6 children.

Schwartz, Linda. I AM SPECIAL
The Learning Works, 1978
This book offers an exciting and motivating way for primary children to keep a journal about themselves throughout the year and helps build a positive self-image.

Schwartz, Linda. THE MONTH-TO-MONTH ME
The Learning Works, 1976
This book is an exciting way for students to keep an on-going journal about themselves throughout the school year.

Sharmat, Marjorie, Weinman. I'M TERRIFIC
Scholastic, Inc. 1977
Book for preschoolers showing the difference between feeling good about yourself and being conceited. A story about a young bear.

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Shaw, Dianna. MAKE THE MOST OF A GOOD THING: YOU
Joy Street Books, 1986
This book offers the adolescent girl advice on sexual changes in the body, diet and nourishment, exercise, dealing with stress, and staying healthy.

Sheperd, Scott. WHAT DO YOU THINK OF YOU?
CompCare Publishers, 1990.
Some ideas to help a child understand the fears and self-doubts that everyone goes through.

Steiner, Claude. THE ORIGINAL WARM FUZZY TALE
Jalmar Press, 1977
This book is a true folk tale which shows both the positive and negative strokes given and received in human living and loving among children and adults.

Twerski, Abrham. WHEN DO THE GOOD THINGS START?
Topper Books, 1988
This book uses the "Peanuts" cartoons to overcome low self-esteem, build confidence, put guilt in its place and dispel loneliness.

Weiss, Ann E. LIES, DECEPTION, AND TRUTH
Houghton Mifflin
This book will help youngsters toward a more mature understanding of themselves and oters. (Ages 12 and up)

Wilt, Joy. YOU'RE ALL RIGHT
Education Products Div., 1979
The purpose of this book is to help build a positive self-concept within children.

Worley, Linda Pace. GETTING TO KNOW YOU AND THE PEOPLE IN YOUR LIFE
J. Weston Walch, 1985
This book is based on the questions, concerns, and comments of the young people with whom the author has worked.

Yorinks, Arthur & Egielski, Richard. HEY, AL.
Collins Publishers, 1986
Al was very unhappy with his life as a janitor, and has a big bird carry him away to an island in the sky where every thing is bliss.

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SELF PROTECTION/ABUSE

Bahr, Amy C. SOMETIMES IT'S OK TO TELL SECRETS
Grosset & Dunlap 1986
This book will help teach a child body safety and stimulate discussion with parents.

Bahr, Amy C. WHAT SHOULD YOU DO WHEN...?
RGA Publishing, 1986
This book teaches children about safety and what they should do in different situations when their parents aren't around to help them.

Bahr, Amy C. YOUR BODY IS YOUR OWN
Grosset & Dunlap, 1986
This book will help teach a child body safety and stimulate discussion with parents

Berry, Joy. EVERY KID'S GUIDE TO RESPONDING TO DANGER.
Children's Press, 1987
This book helps kids understand and respond to fear, how to use dangerous objects, and how to respond to dangerous situations.

Berry, Joy. LAWS THAT RELATE TO KID'S IN THE COMMUNITY
Living Skills Press, 1987
This book will teach kids about the special laws there are that apply to them.

Boegehold, Betty. YOU CAN SAY "NO".
Western Publishing Company, Inc., 1985
The purpose of this book is to help teach children how to use their judgment and common sense, and how to get themselves out of difficult situations.

Brown, Marc and Stephen Krensky. DINOSAURS, BEWARE!
Atlantic-Little, Brown, 1982
A basic guide to household safety--everything from playing with fire to telephone manners--but the households pictured are those of ridiculously entertaining dinosaurs who set some truly bad examples.

Lenett, Robin; Barthelme, Dana; Crane, Bob. SOMETIMES IT'S O.K. TO TELL SECRETS!
RGA Publishing Group Inc., 1986.
This book is to try to educate parent and child on the subject of child abuse. Children need to learn that they can tell their parents anything, especially if something is wrong. Adults, in turn, must learn to listen and must give their children the freedom to tell.

Patterson, Sherri. NO-NO THE LITTLE SEAL
A Random House Picturebook, 1986
A colorful picturebook story about No-No, the little seal. A story for very young children that tells about sexual abuse.

Sanford, Doris. I CAN'T TALK ABOUT IT
Multnomah Press, 1985
This book is to help adults and children cope and deal with sexual abuse.

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Schwartz, Linda; WHAT WOULD YOU DO?
The Learning Works, Inc. 1990
A book for parents and teachers who want to prepare children for the unexpected, puzzling, and frightening situations that may arise when they are at home alone, at school, or out on their own.

Stanek, Muriel. DON'T HURT ME, MAMA
Albert Whitman & Co., 1983
A story about child abuse and how to deal with it. A book for children.

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STUDY SKILLS/SCHOOL ISSUES

Berry, Joy. EVERY KID'S GUIDE TO USING TIME WISELY
Children's Press, 1987
This book is a guide to help a child learn about time management and making plans.

Berry, Joy. WATCHING TV INTELLIGENTLY
Children's Press, 1987.
Children are taught how TV can be harmful or helpful and how to choose the right programs to watch.

Canter, Lee; Hausner, Lee. HOMEWORK WITHOUT TEARS
Harper & Row Publishers, 1987
This is a parent's guide for motivating children to do homework and to succeed in school.

DeClements, Barthe. SIXTH GRADE CAN REALLY KILL YOU.
Scholastic, Inc. 1985
Getting through sixth grade isn't as easy as Helen thinks especially if she had to put up with Mrs. Lobb. Now she has to shape up in order to make it out of the sixth grade. Can she do it?

Gamsby, Lisa H. COPING WITH SCHOOL
Parent Information Center, 1987
This book focuses on coping and organizational techniques that can strongly impact a student's ability to learn.

Jenkins, Joseph R.; Jenkins, Linda M. CROSS AGE AND PEER TUTORING: HELP FOR CHILDREN WITH LEARNING PROBLEMS
Eric Clearing House, 1981
This book explains the rationale behind peer tutoring strategies and gives advice on how to develop an effective program.

Jensen, Eric. STUDENT SUCCESS SECRETS
Barron's Educational Series, 1982
A guide to help students improve their study habits, and increase their test grades pinpointing areas such as motivation, reading comprehension, and test-taking strategies.

Nieves, Luis R. COPING IN COLLEGE
Educational Testing Service, 1984
A guide for college students to learn more effective study habits and skills for coping with interpersonal relationships and depression.

Purkey, William W. INVITING SCHOOL SUCCESS
Wadsworth Publishing Company, 1978
This book, aimed at teachers, is a guide to help teachers see students in positive ways and invite them to behave accordingly.

STRATEGIES FOR STUDY
The Perfection Form Company, 1982
This is a learning-how-to-learn handbook

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Thiel, Ann; Rhiel, Richard; Grenoble, Penelope B.; WHEN YOUR CHILD ISN'T DOING WELL IN SCHOOL
RGA Publishing Group, Inc., 1988
This book offers specific guidelines that will help you in identifying what it is that is bothering your child and assist you in implementing the strategies that will help your child maximize his or her potential.

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SUBSTANCE ABUSE

Al-Anon Publications. WHAT'S "DRUNK" MAMA?
New York, 1977
In this story, a young girl describes her father's alcohol problem and the anger, frustration and sadness she experiences. The book deals with the feelings in a very direct and honest manner.

Amerikaner, Susan. IT'S OK TO SAY NO TO DRUGS, IT'S ALL UP TO YOU
Simon & Schuster, Inc., 1986.
This book sensitively explains why these substances are harmful and tell children how to say no should they be offered drugs of any kind.

Berry, Joy. GOOD ANSWERS TO TOUGH QUESTIONS ABOUT SUBSTANCE ABUSE
Childrens Press, 1990
This book explains to children what drugs are, and how they can say "no" to drugs.

Black, Claudia. IT WILL NEVER HAPPEN TO ME!
Ballantine Books, 1981
This book will help the reader understand the roles children in alcoholic families adopt, and the problems they face in adulthood.

Black, Claudia. MY DAD LOVES ME; MY DAD HAS A DISEASE
MAC, 1979
This book is designed to help children better understand alcoholism and to better understand their own feelings.

Brooks, C. THE SECRET EVERYONE KNOWS
San Diego: The Kroc Foundation, 1981
This is a true story told in the first person by a young woman who grew up in a family with alcoholic parents. The book concludes with the author's discussion of her eventual realization that she herself had an alcohol problem.

Grossman, Linda M.; Kowal, Deborah. KIDS, DRUGS & SEX: PREVENTING TROUBLE
Clinical Psychology Publishing Co., 1987
This book discusses the problems of drugs and sex among kids and how to help prevent them.

Hastings, J., & Typpo, N. AN ELEPHANT IN THE LIVING ROOM
Minneapolis: Comp Care, 1984
The emphasis is on encouraging children to acknowledge their feelings and realize that they are not alone. The "elephant" is used as a metaphor for a giant problem that everyone sees but no one discusses. Children are asked to respond to questions about their families, thoughts, fears, and concerns.

Lawson, Gary and Ann; Peterson, James S. ALCOHOLISM AND THE FAMILY: A GUIDE TO TREATMENT AND PREVENTION
Aspen Publications, 1983
A guide to treatment and prevention of Alcoholism. This book discusses many different types of treatments and aspects of alcoholism.

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Melquist, E. PEPPER
New York: Frederick County (MD) Council on Alcoholism, 1974
This is the story of a small dog and his master, Mr. Jones. When Mr. Jones is drinking, he forgets to take care of Pepper.

Sanford, Doris. I KNOW THE WORLD'S WORST SECRET
Multnomah Press, 1987
Elizabeth, the daughter of an alcoholic mother, tries to carry the burden of taking care of the family. Includes guidelines for adults to help children of alcoholics.

Sassatelli, Jean. BREAKING AWAY
Johnson Institute, 1989
By going through the exercises in this guide you have an opportunity to take an honest look at how your alcohol/drug abuse has harmed your relationships with your family, your friends, and even with yourself. It will help you work through your feelings about giving up these vices.

Seixas, Judith A. ALCOHOL--WHAT IT IS, WHAT IT DOES
New York: Greenwillow Books, 1977
This is a useful information-oriented book. Included are chapters entitled: Drinking and Facts About Alcohol, The Body and Alcohol, Alcoholism Is a Sickness, and You Have a Choice.

Smith, Manuel J. YES, I CAN SAY NO
Arbor House, 1986
This book will help parents prepare children (ages 7 to 17) for critical decisions they must make pertaining to drugs, alcohol, sex.

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TEACHING IDEAS--INTERVENTION

Anderson, Karen. STRUCTURED EXPERIENCES FOR INTEGRATION OF HANDICAPPED CHILDREN
Milliren Aspen Systems Corporation, 1983
This is a resource and activities guide for classroom teachers who wish to understand, more fully, the individual differences in handicapped children.

Anderson, Valerie; Bereiter, Carl. THINKING GAMES I
David S. Lake Publishers, 1980
Thinking games are designed for children to have fun while exercising their thinking abilities. The games in this book give practice in such skills as planning, drawing inferences, seeing things from other points of view, formulating questions, and thinking of possibilities.

Anderson, Valerie; Bereiter, Carl. THINKING GAMES II
Fearon Teacher Aids, 1980
This workbook provides thinking games for small and large groups for ages 9 and up.

Barnes, Ellen; Berrigan, Carol; Biklen, Douglas. WHAT'S THE DIFFERENCE?
Human Policy Press and American Institutes for Research, 1978
This is a book of activities suggesting ways to involve yourself and children in experiences to foster contact, empathy, the gaining of information and responsive behaviors toward disabled people.

Berry, Joy. EVERY KID'S GUIDE TO INTELLIGENT SPENDING
Living Skills Press, 1988
A guide to understanding manufacturers, merchants and what it means to be a consumer, how to purchase products intelligently.

Berry, Joy. EVERY KID'S GUIDE TO NUTRITION AND HEALTH CARE
Children's Press, 1987
This book helps children learn how to care for their bodies and tells them why and what their body needs.

Berry, Joy. THINKING AND LEARNING
Children's Press, 1987.
Kids are taught how to learn and think for themselves using the resources around them.

Blom, Gaston; Cheney; Snoddy. STRESS IN CHILDHOOD
Teachers' College Press, 1986
This book provides an intervention model and many time-efficient suggestions that teachers and other professionals can apply to the elementary school setting to help alleviate the stress that children are feeling.

Brenner, Avis. HELPING CHILDREN COPE WITH STRESS
Lexington Books. 1984
The author provides parents, teachers, social workers, guidance counselors, nurses with much information they need to help children deal with the stresses they face today.

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Carr, Rachel. BE A FROG, A BIRD, OR A TREE.
Harper & Row, 1981
This book is an introduction of creative yoga exercises for children.

Cautela, Joseph; Groden, June. RELAXATION
Research Press Company, 1978
This is a guide to relaxation exercises for the adult, child and children with special needs.

Ehly, Stewart. CRISIS INTERVENTION HANDBOOK
National Assn. of School Psychologists. 1986
This handbook will explore the dynamics of crisis and the alternatives available to psychologists in working with students, teachers, and parents.

Erney, Tom; Myrick, Robert D. CARING AND SHARING: BECOMING A PEER FACILITATOR
Educational Media Corporation. 1984
A systematic approach for learning helping skills is presented in a form that allows students to both learn the concepts and to apply the strategies in working with other youth and their problems.

Erney, Tom; Myrick, Robert D. YOUTH HELPING YOUTH: A HANDBOOK FOR TRAINING PEER FACILITATORS
Educational Media Corporation. 1984
A handbook for persons engaged in the training of students as helpers are aided in developing and administering a systematic and effective peer facilitator program. Helpful suggestions for implementing forty-six training activities are provided to enhance the learning of the concepts.

Froschl, Merle; Colon, Linda; Rubin, Ellin; Sprung, Barbara; INCLUDING ALL OF US
Educational Equity Concepts, Inc., 1984
Discusses an inclusive curriculum--one that is non-sexist, multicultural and includes images of children and adults with disabilities.

Huggins, Pat. CREATING A CARING CLASSROOM
Sopris West, Inc., 1991
The ASSIST Program (Affective/Social Skills: Instructional Strategies and Techniques) designed to increase students' growth in the areas of self-concept, interpersonal relationships, and emotional understanding. This book includes strategies to promote mutual respect, trust, risk taking and support in the classroom.

Huggins, Pat (Program Devel.) ESTABLISHING A POSITIVE CLASSROOM CLIMATE
Sopris West Publishing Co., 1986
This manual contains a wide variety of approaches for creating a nurturing classroom environment. Included are Climate-Building Activities, Classroom Management Procedures, and Relaxation Techniques.

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Huggins, Pat (Program Developer) BUILDING SELF CONCEPT IN THE CLASSROOM
Sopris West Publishing Co., 1986
The ASSIST Program (Affective Skills Sequentially Introduced and Systematically Taught) is an affective education program designed to increase students' growth in three critical areas: self concept, dealing with feelings and interpersonal relationships.

Huggins, Pat (Program Developer). HELPING KIDS HANDLE ANGER
Sopris West Publishing Co., 1988
This manual contains ideas and activities designed to help children handle anger. There are 4 concepts to this manual: 1) Anger is a fundamental emotion that poses difficulties for everyone. 2) Anger can be reduced. 3) We can allow ourselves to feel legitimate anger. 4) We can express this anger without attacking.

Huggins, Pat (Program Developer). TEACHING ABOUT SEXUAL ABUSE
Sopris West Publishing Co., 1986
A workbook that will teach a child about child abuse.

Huggins, Pat (Program Developer). TEACHING FRIENDSHIP SKILLS
Sopris West Publishing Co., 1986
The lessons in this manual promote the growth of empathy. The ability to see things from the point of view of others is a key to friendship, as well as living successfully in a peaceful society.

Huggins, Pat. (Program Developer). TEACHING COOPERATION SKILLS
Sopris West Publishing Co., 1990
A book that will tell you how to teach such things as working together, listening, responding to a group discussion, and compromising.

Jackson Nancy F.; Jackson, Donald A.; Monroe, Cathy. GETTING ALONG WITH OTHERS.
Research Press. 1983.
This program guide contains many activities that teach social effectiveness to children. Deficit social skills may be causally related to poor school performance, juvenile delinquency, adult psychopathology, etc.

Johnson, David W.; Johnson, Roger T. CIRCLES OF LEARNING
ASCD Publications, 1984
This book teaches educators how to implement cooperative learning into the classroom. It includes a guide for teaching students the necessary skills.

Kaplan, Phyllis; Kohfeldt, Joyce; Stula, Kim. IT'S POSITIVELY FUN
Love Publishing Company. 1974
This is a guide to the teacher in helping them get their kids motivated and to get them off to a good start.

Lewis, Barbara. THE KID'S GUIDE TO SOCIAL ACTION
Free Spirit Publishing, 1991
This book tells you how to solve the social problems you choose - and turn creative thinking into positive action. You'll find real stories about real kids who are making a difference; step-by-step guides to social action Power Skills such as letter writing, telephoning, making speeches.

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Masters, Sheila McCarthy; Stevens, Mary E. BEING AWARE SHOWS YOU CARE
Ednick Communications, Inc., 1987
A Schoolwide Disability Awareness Program designed to provide specific information and activities to: 1) increase knowledge of disabilities; 2) develop positive attitudes; 3) create empathy towards those with differences.

Morganett, Rosemarie S. SKILLS FOR LIVING
Research Press, 1990
Group counseling activities for young adolescents.

Morrow, Gertrude. THE COMPASSIONATE SCHOOL
Prentice-Hall, Inc., 1987
A unique approach to helping children cope with the harmful experiences of abuse and trauma which so deeply affect how children mature and how they perform in class.

Murdock, Maureen. SPINNING INWARD
Shambhala, 1987
A guide to using imagery with children for learning, creativity and relaxation.

Myrick, Robert; Erney, Tom. CARING AND SHARING: BECOMING A PEER FACILITATOR
Educational Media Corp., 1984
A systematic approach for learning helping skills is presented in a form that allows students to both learn the concepts and to apply the strategies in working with other youth.

Nelson, Susan. PARTNERS IN PRACTICE
David S. Lake Publishers, 1989
This book explores the far-reaching possibilities of peer teaching. The author believes that helpfulness and cooperation are natural to most people and that those virtues can be used by children to enrich each other's lives.

Pertik, Maria; Senter, Sandra. STRESS MANAGEMENT AND ME
Incentive Publications, 1990
This is a workbook that helps children deal with stress effectively. It tells us what stress is, the kinds of stress there are and how much stress is too much.

Prutzman, Stern, Burger & Bodenhamer. THE FRIENDLY CLASSROOM FOR A SMALL PLANET
New Society Publishers, 1988
This book is for any leader who is trying to create a cooperative and supportive learning environment for children; it has hundreds of exercises, activities, and methods.

Savage, Eileen Dolan. WINNING OVER ASTHMA
1989
This book describes the asthma reaction, mentions several triggers and medications, and emphasizes teamwork between parents and physician.

Vernon, Ann. THINKING, FEELING, BEHAVING
1989
An emotional education curriculum for children in grades 1-6.

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Vernon, Ann. THINKING, FEELING, BEHAVING
1989
An emotional education curriculum for adolescents in grades 7-12.

Zadra, Dan. THE SECRETS OF GOAL-SETTING
Creative Education
This book tells of the best ways and the golden roles of goal-setting.

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